



Kings Langley  
Secondary



Bedmond  
Primary



Bovingdon  
Primary Academy



Kings Langley  
Primary



Nesh Mills  
Church of England  
Primary



Sarratt  
Church of England  
Primary



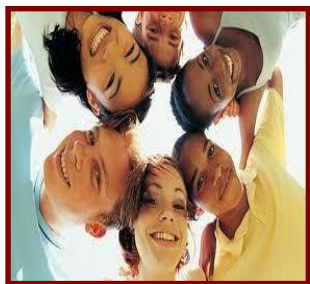
St Pauls Chipperfield  
Church of England  
Primary

## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*



# Developing Confidence and Self Esteem A Guide for Parents and Students



### The Crucial C's

Student's behaviour may not always be consistent or sensible however the role of parents and carers can make this time a smoother journey by understanding these key factors:

#### **Connect:** They need to believe that they belong

- If they do they feel secure and will reach out and make friends.
- If they don't, they will feel insecure, isolated and will seek attention, sometimes negative attention

#### **Capable:** They need to believe they can achieve

- If they do they will feel competent and will develop self control, self discipline and become self reliant
- If they don't they will feel inadequate, inferior and will seek control, power and become defiant or dependent.

#### **Count:** They need to believe they can make a difference

- If they do they feel valuable and will contribute and assume responsibility
- If they don't they will feel insignificant and hurt and will seek revenge.

#### **Courage:** They need to believe they can handle what comes

- If they do they feel hopeful and will face challenges, will try new things and will develop resilience.
- If they don't they will feel inferior and hopeless and will give up and won't be prepared to try new things.

### Key Ingredients

- Always look for the positives
- Remember all students are unique, recognise and value their strengths
- Encourage and be open to their views
- Show an interest in their world, even if you don't understand it
- Provide structure—not too much, but not too little either
- Keep some emotional distance. If they are angry it is more about them than it is about you.

